

Candida Related Complex, often called “the yeast syndrome” is the group of symptoms that develop from an overgrowth of *Candida Albicans* in the human body. *Candida* is a yeast-like, fungal organism that is present in small amounts in the digestive tract. Overgrowth of *candida* frequently occurs when a person has been prescribed antibiotics. Other contributing factors include the use of steroid and birth control medications as well as a diet high in refined foods and sugar. Treatment programs include anti-fungal herbs as well as dietary therapies and *candida* neutralization. Anti-fungal medications may also be prescribed.

DR BONNET SPEAKS OUT: CANDIDA ALBICANS

“The Yeast Syndrome”

In our grandparents’ generation syphilis was called the great masquerader because it could look like so many diseases. Today that title properly belongs to *candida albicans*. This common yeast-like fungus can be found in or on almost everybody. When we are in good health, *candida* is held in check by our bodies’ defenses as well as competition by normal flora (the beneficial microorganisms which live in and on us). Once *candida* succeeds in establishing heavy colonies, it can cause no end of difficulty, anything from the familiar manifestations of *candida* such as thrush, with its white coating of the mouth or anus and monilla with its itching, white vaginal discharge to diaper rash, colic, asthma, acne, depression, arthritis, multiple sclerosis, autism, alcoholism or allergies.

The problem created by *candida* can be divided into three main groups. The difficulties are caused:

- Directly by the organism itself.
- By toxins the organism produces.
- By the body’s reaction to the organism.

With this in mind let’s take look at a couple of illustrative cases:

D.D.S. a 57 year old dentist from Manhattan, who, despite having been in psychoanalysis for 20 years, had no relief from his depression. One day, just as he was leaving, he said, “Doc, if you could just do something for my pruritis ani. You have no idea what hell it is for a dentist to have an itchy butt!” This statement gave me a clue to make the diagnosis of *candida* in the days before any reliable testing. He was placed on a program of anti-*candida* medication and in the

next few months he recovered from the depression, which the 20 years of psychoanalysis had not helped.

D.J. was bottle-fed as a baby. (We know that frequently the failure to be breast fed begins a problem with the yeast as the breast manufactures antibodies to protect the infant from candida). She had normal childhood illnesses and generally did well until she was treated with an antibiotic and started having yeast vaginitis and recurrent urinary tract infections.

She started having PMS including problems with her memory and anxiety. She eventually was taken to see a psychiatrist who attempted treating her with antidepressant medication causing further deterioration. (Candida toxins frequently cause people to react adversely to tranquilizing and antidepressant medications).

Over the course of the next several months she was in and out of psychiatric hospitals. At that time her menstrual period ceased, and her general physical well being was seriously deteriorated. On her initial visit to our office, I placed her on a program of anti-candida nutritional supplements. When the results of candida tests confirmed she had a serious problem, we added an anti-candida medication. She began making significant progress. Today she is leading a full active life. She no longer requires tranquilizers or anti-candida medication – only nutritional supplements and some homeopathic remedies.

How does candida succeed in setting up these heavy colonies and why is it getting to be such a common problem? The major reason is the excessive use of antibiotics – everything from the indiscriminate prescribing for minor medical problems to the use of tetracycline for acne. There is good evidence that even the infinitesimal traces of antibiotics that comes from our food weaken the flora to the point that candida succeeds in overgrowing. It is also true that anything that lowers our immunity can cause us to be vulnerable. The corticosteroid hormones (cortisone and prednisone) are frequent culprits. Any form of hormone therapy (the birth control pill) can favor the overgrowth of candida.

Until fairly recently very few medical doctors have been willing to recognize that candida albicans could result in any health-care difficulties other than the very trivial ones or more extremely serious ones such as disseminated candidiasis which can be fatal. Fortunately, with a growing number of physicians who are becoming knowledgeable, and hopefully, with greater public awareness and interest in their own health care needs, we'll be having better diagnostic and therapeutic techniques. For the present time, it continues to be the so-called alternative health care practitioner that is recognizing and dealing with this modern scourge.

What is candidiasis? An abnormal overgrowth of a strain of yeast called candida albicans. It flourishes in warm, moist, dark environments like the gastrointestinal and genitourinary tracts.

Who can get candida albicans? Although it is most often seen in women during the childbearing years, men, children and babies are also susceptible. Even pets can suffer from candida.

Since candida can be sexually transmitted, it is recommended to test a partner when it has been diagnosed in a sexually active person. Although one person will usually be suffering to a greater degree, it can be bounced back and forth, with re-infection being commonplace.

What is candida albicans and where does it come from? Candida albicans is a fungi in the form of yeast which enters the newborn infant during and shortly after birth. It lays dormant in healthy individuals as long as they follow a lifestyle that produces a strong immune system.

What causes candida to flare up in the system? The biggest cause of problems is misuse of antibiotics. Prolonged or high-dosage use of drugs (such as tetracycline, penicillin, cortisone and birth control pills) will frequently trigger an attack. These drugs upset the ecological balance of the intestinal flora and create an imbalance of the hormones causing candida to grow.

How do you stop the growth of candida albicans?

DIET – avoiding candida feeding foods. These include fruits, honey, dairy products, foods that are fermented or contain yeast, sugar in any form and all alcoholic beverages. Although this seems like there is nothing left, you really won't starve to death and this regimen won't last forever.

AVOID DRUGS – especially antibiotics, immuno-suppressant and oral contraceptive drugs (with the widespread use of birth control pills by today's young women – candida runs rampant in this age group. A heavy dosage of any of the above can and usually does trigger a serious attack.

SUPPLEMENTATION – All vitamin and mineral supplements must be yeast free. Supplements include

- Acidophilus: replacement good bacteria that crowd out candida in the digestive tract.
- Biotin: a B vitamin that stops the yeast form of candida from becoming the more damaging fungal form.
- Co-Enzyme A: helps the body detoxify toxins created by candida.
- Evening Primrose Oil: raises candida immunity.
- Grapefruit Seed Extract: a natural anti-fungal
- Tanalbit: plant tannins that have anti-fungal properties as well as gut repairing effects.

Anti-fungal medications would also be administered if testing indicates the need. Candida neutralization (available through the allergy department at the office) can help the body counteract a hypersensitivity to the yeast. This can help relieve symptoms and help the body fight the problem.

SEEK – a more health conscious lifestyle, in all aspects of your physical and mental health. Becoming constantly aware of the warning signs sent out by your body and act accordingly when they indicate a need for attention.

Will you ever be completely cured? That's hard to say. To a certain degree the symptoms should subside and you will be able to live a healthy life and be fully able to function in today's world – however, remember candida albicans is always present. It may remain in remission forever and as long as you are conscious of diet, maintain your proper supplementation program and don't become exposed to the suspect prescription drugs, you should be fine. If you recognize a flare up symptoms – call Dr. Bonnet, and get help at once. This can generally nip serious problems in the bud!